

FOOTPRINTS...

The Integral Ecology Committee is tasked to focus on threats to Our Common Home., and provide suggestions (tips) and a variety of resources to you over the upcoming months. Topics will include: Water, Plastics, Clothing, Chemicals, Paper, Food, and Transportation

In this issue:

- **What Can I Do?**
- **I didn't know that!**
- **Resources**

Our **WATER** Footprint

Water is essential for life, and it's one of our most threatened resources.

What Can I Do?

- Take shorter showers
- Upgrade shower heads
- Install water-efficient appliances and fixture (example: low-flow toilets & faucets)
- Put a plastic bottle full of water into your toilet tank, weighed down with sand or pebbles. (This can save an avg of 5 gallons of water per day)
- Test your toilet for leaks (put food coloring the tank and wait to see if you soon notice the color in the bowl)

I didn't know that!

- To grow veggies up to 39 gallons of water is used, while beef and chicken production uses up to 1,799 gallons and 519 gallons respectively.
- Household leaks can waste 10,000 gallons of water, which is equivalent to 270 loads of laundry.

Resources

YouTube:

[Why Every Drop Counts: Easy Ways to Save Water Today](#)

[TAPPED](#) - a documentary examining the bottled water industry

Websites:

[Nature Conservatory](#) – working to protect the lands & waters on which life depends

[Water.org](#) - global organization wishing to bring water & sanitation to the world.

Book:

“Imagine It: a handbook for a happier planet”
by Laurie David and Heather Reisman

More from our Integral Ecology Committee very soon!